

LOS ANGELES BAPTIST

Cross Country 2009

Mammoth Running Camp: August 1-8 (Those who don't attend will run on their own.)

TENTATIVE FALL SCHEDULE – AS OF 10/7, 2009:

Day	Date	Time	Opponent	Facility
Saturday	9/12/09	8:00am	Fastback Invitational	Mt. SAC
Saturday	9/19/09	8:55am	Ojai Invitational	Lake Casitas
Saturday	9/26/09	TBA	Bell Jeff Invitational	Griffith Park
Thursday	10/1/09	4:00pm	Windward/ Sierra Canyon/Pacific Hills*	Away – O'Melveny Park
Saturday	10/3/09	8:15am	Staub/Barnes Invitational	LaCrescenta Valley Park
Tuesday	10/6/09	4:00pm	Crossroads/ Montclair Prep*	Away - Crossroads
Saturday	10/10/09	TBA	Clovis Invitational**	Woodward Park, Fresno
Thursday	10/15/09	4:00pm	Brentwood/ Paraclete*	Home – O'Melveny Park
Friday	10/23/09	2:00pm	Mt. SAC Invitational	Mt. SAC
Thursday	10/29/09	4:00pm	Campbell Hall/ Village*	Away - Village
Monday	11/ 2/09	2:00pm	Alpha League Finals	Pierce College
Saturday	11/14/09	TBA	CIF Prelims***	Mt. SAC
Saturday	11/21/09	TBA	CIF Finals***	Mt. SAC
Saturday	11/28/09	TBA	State Championships***	Woodward Park, Fresno

* League Meet

** The overnight to Clovis will be for 7 Varsity runners for both the boys and girls teams. Alternates may be invited as well. Runners will be determined the week before the race.

*** The Boys and Girls teams must qualify for Prelims, then Finals, and finally State. These meets would include 7 Varsity runners plus two alternates from Junior Varsity. Runners will be determined after Alpha League Finals.

The times listed indicate when the first race begins. Invitationals will often have many races over a period of several hours. We will send specific information the week of the meet.